

BASICS OF THE THROWING MOTION



08.15 - 08.30
08.30 - 08.40
08.40 - 09.00
09.00 - 09.20
09.20 - 09.40
09.40 - 10.00
10.00 - 10.20

10.20 - 10.50

10.50 - 11.20

11.20 - 11.40
11.40 - 12.00
12.00 - 12.15
12.15 - 12.30

12.30 - 13.00

13.00 - 14.00

14.00 - 14.15

Muscle - tendon injury in throwing and serving
Evolution (age-related) in throwing motion
Kinetic chain: baseball vs tennis
Baseball pitching
Tennis serve
From dysfunction to the lesion
Clinical findings

DISCUSSION

BREAK

Prevention and Rehabilitation
Reconditioning of the athlete shoulder
The disabled hip in throwing motion
The end of the kinetic chain: the wrist

DISCUSSION

BREAK

Update on tendon pathologies treatment

P. RENSTRÖM (SE)
N. DE GASPERIS (IT)
W.B. KIBLER (US)
G. DI GIACOMO (IT)
B. ELLIOTT (AU)
G. DI GIACOMO (IT)
W.B. KIBLER (US)
R. MINOLA (IT)
K. BAK (DK)

K. WILK (US)
T. ELLENBECKER (US)
A. COSTANTINI (IT)
A. DE VITA (IT)
R. MINOLA (IT)
K. BAK (DK)

P. RANDELLI (IT)

14.15 - 16.00

"LIVE" SESSION IN TENNIS & BASEBALL

CHAIRMEN G. DI GIACOMO / P. LUCIANI

"Power" in sport: a biomechanical approach B. ELLIOTT (AU)

⊙ T. ELLENBECKER

● W.B. KIBLER

⊙ K. WILK



ORGANISER/REGISTRATION

CONCORDIA HOSPITAL for "Special Surgery"
Via delle Sette Chiese, 90 - 00145 - ROME (Italy)
Tel: +39 0651606443-0651600248 - +39 3426305355
E-MAIL: segreteria@laspalla.it

SCIENTIFIC COMMITTEE

Giovanni DI GIACOMO
Alberto COSTANTINI
Piergiorgio LUCIANI
Info: WWW.SPALLA.IT

SCIENTIFIC SECRETARIAT

Andrea DE VITA
Alessandro DANIELI
Nicola DE GASPERIS
REGISTRATION FEE EURO 25,00 + VAT
TRANSLATION SERVICE